WASHINGTON COUNTY SAME MOOOVES!

Any movement of the body that uses energy is physical activity and is good for you.

ACTIVITY HELPS YOU

- · Look and feel better
- Deal with stress and depression
- Get stronger
- Increase mental alertness
- Increase energy
- Have some fun

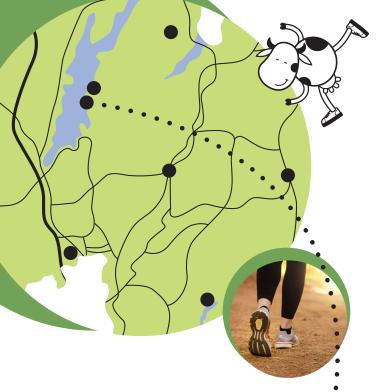


Always start slowly when increasing activity!

EASY WAYS TO IMPROVE YOUR ACTIVITY

- Take the stairs
- Park a little farther away from the door and walk
- Stand instead of sitting during parts of your day
- Squeeze in activity during TV commercials: planks, jumping jacks, crunches, move around the house
- Plant/maintain a garden

- Housework counts
- Wash your car by hand
- Take a lap around the store before checkout
- Get off the bus a stop early and walk
- Shovel snow
- Rake leaves
- Pick up the pace of normal activity by listening to music when you move



There are many FREE family-friendly trails and walkways throughout Washington County.

Do you know about the free Washington County beach in Huletts Landing on the eastern shore of Lake George? It is open seasonally, seven days a week with free admission and parking!

There are also walking/hiking paths* in:

Granville | Ft. Edward | Greenwich Clemons | Ft. Ann | Cossayuna Pilot Knob | Hudson Falls | Cambridge

*Trails have varying degrees of difficulty. Check out the ones that are right for you.

For a list and description of opportunities near you, visit:

WASHINGTONCOUNTY.FUN